

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A444 – PINEAPPLE, CANNED, CRUSHED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned crushed pineapple with light syrup and/or pineapple juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz (12³/₈ cups) crushed pineapple and juice. One #10 AP can yields about 75.6 oz (9 cups) drained, crushed pineapple and provides about 36.1 1/4-cup servings drained, crushed pineapple OR about 49.5 1/4-cup servings fruit and juice. CN Crediting: 1/4 cup crushed pineapple and juice or 1/4 cup drained, crushed pineapple provides 1/4 cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pineapple in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened can of pineapple covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Pineapple can be used right from the can, chilled, or at room temperature.



Nutrition Information

Pineapple, light syrup pack, solids and liquids

	1/4 cup (63 g)	1/2 cup (126 g)
Calories	33	66
Protein	0.23 g	0.45 g
Carbohydrate	8.47 g	16.95 g
Dietary Fiber	0.5 g	1.0 g
Sugars	7.97 g	15.94 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	9 mg	18 mg
Sodium	1 mg	1 mg
Magnesium	10 mg	20 mg
Potassium	66 mg	132 mg
Vitamin A	24 IU	48 IU
Vitamin A	1 RAE	3 RAE
Vitamin C	4.7 mg	9.4 mg
Vitamin E	0.01 mg	0.01 mg

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USES AND TIPS	<ul style="list-style-type: none"> • Serve pineapple chilled with juices or syrup or chilled and drained as part of fruit salads or to garnish cottage cheese. • Combine with other canned, fresh, or frozen fruit for fruit cups or compotes. • Serve heated or at room temperature as a garnish for main dishes. • Use as directed in recipes specifying pineapple.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.